



Personal Development

Regional

2020 Website Program Description



Personal Development

Activate your innate ability to create a more joyful life using powerful Monroe tools.

Regional Program
2 Days + 2 Nights

Prerequisites

[Excursion Workshop](#)

[Exploring Consciousness](#)

This personal development workshop offers you opportunities, tools, and exercises to create a more fulfilling and joyful life in a very practical sense. Learn and practice the tools during the workshop. Benefit from their easy application for the rest of your life.

Discover and develop your innate ability to consciously create what you desire. Learn how to access and focus your subconscious mind so that you can respond to your daily environment and experiences as you desire.

Practice using the Access Channel in Focus 11 and learn a variety of “function commands” while in Focus 11 which you can then use in enhancing your everyday life. Bob Monroe felt that these Human Plus® exercises were his most important contribution to human development, and he used them until the day he transitioned.

The exercises also include reinforcement of Focus 10 and 12, two guided imagery selections, and patterning practice for creating or enhancing aspects of your physical, mental, emotional, and spiritual life experience.

The post-workshop results and benefits differ as each person selects and practices the workshop tools that best suit his or her own personal, everyday needs. What do you wish to create in your life?